

Senior Program



Cambridge Recreation Center

3930 Cambridge St

Las Vegas, NV 89119

(702) 455-7169

www.ClarkCountyNV.gov

Cambridge Senior Program July – August 2014

Cambridge Recreation Center

HOURS OF OPERATION

Monday to Friday from 7 a.m. to 8 p.m.

Saturday 8 a.m. to 4 p.m.



MUST BE REGISTERED TO PARTICIPATE

SENIOR TRIPS REGISTRATION

Tuesday, July 1st

Registration for trips starts at 8 a.m. on a first-come, first-serve basis. Upon entering the center you will be given a number and you must be present with that number to register.

Numbers do not reserve a space.

Space is limited to 10 to 20 participants, so be sure you will be able to attend the trip before you register. **Trip fees are non refundable.** On registration day, you may call 455-7169 after 10 a.m. to find out if space is still available for the trips. If trips are full, you may add your name to the wait list in case of cancellations. Field trip participants must leave and return from Cambridge Center as a group. No exceptions.

Anyone requiring special accommodations must request them at least one week in advance.

Senior Open Gym (Fitness)

Monday to Friday 7 a.m. – 9 a.m. Free

Get healthy by walking or playing basketball in the controlled climate of our indoor gymnasium.

Just Move (Fitness)

Mondays 9 a.m. –10 a.m. Free

Start your week active and keep healthy at this fun low impact exercises class. Reap all the rewards of exercise by adding more movement and activity to your daily life routine. Led by Irma Wynants.

Bocce Thursday (Fun & Games)

Thursdays 10 a.m. – 12 p.m. Free

Join the fun. Bocce equipment is provided. Our court is indoors, designed with chairs on one side of the court for the shy on lookers to relax and watch the games while drinking some coffee.

Las Vegas Deaf Seniors

Silver Belles meet every Tuesday, from 9:00 a.m. to 3:00 p.m. to play cards and socialize. The Las Vegas Deaf Seniors Association meets every Thursday from 9:00 a.m. to 3:00 p.m.

Wii & Friends (Fun & Games)

Wednesdays 9 a.m. - 1:00 p.m. Free

Cambridge welcomes new members who want to play Wii bowling, billiards, foosball, or other games. There is no money involved. Participants bring their own lunch. This gathering is about enthusiasm, friendship and socialization. We have other videos or table games and a pool table for your enjoyment.

Line Dance (Class)

Wednesdays 10:30 a.m. – 11:30 a.m. Free

Join our Line Dance class in a fun informal setting and enjoy all the health benefits it has to offer.

Tuesday with Robyn (Class)

Tuesdays 9 a.m. – 9:45 am. Fee \$18

Adults over 50 promote better health conditions with this well rounded exercise program that works the entire body through aerobics, strength training and flexibility. **Starting September 8th.**

Red, White and Fun (Event)

Thursday, July 3, 10 a.m. — 1 p.m. Free

Red White and Fun is an unique event celebration commemorating Independence Day for registered Cambridge senior members. Come play some games and socialize. Bring your favorite dish. Dress in Red White and Blue. Prizes for the best patriotic costume. Space is limited **Please RSVP.**

USA BMX Nationals

Friday, July 11, 9 a.m. — 1 p.m. Fee \$1.00

Enjoy a fun day of bicycle racing excitement at the state-of-the-art South Point Casino's arena. We will attend the USA BMX Las Vegas Nationals. **USA BMX** racing is a sport of youthful achievement and the American family. While the young boy or girl BMX racer develops skills at an individual pace, they are learning about winning, losing and trying again. Bring your lunch or enjoy one of the many eating options at South Point.



Camp Lee Canyon (Trip)

Tuesday, Jul 15, 8 a.m. — 2 p.m. Fee \$3

Cool air, green surroundings, beauty and peace: Camp Lee Canyon, a haven 40 minutes away from all the congestion and fast paced city living. Bring your own lunch and enjoy it outside, or inside the dining room where coffee and tea will be served. A friendly atmosphere and nature at its best!



Jerry Lewis Day (Trip)

Tuesday, July 22, 8:30 a.m. – 12 p.m. Fee \$1
UNLV’s Barrick Museum exhibit Painted Pictures features original photographs by Jerry Lewis famed actor/director/comedian/philanthropist.

As a complement to the exhibit, the Museum presents a screening of the *King of Comedy*. Popcorn and light refreshments will be available.



Bingo (Special Event)

Friday, Jul 25, 10 a.m. – 1 p.m. Free
Come and try your hand at winning some great Bingo prizes, which are provided by the participants. There is no money involved. **Please RSVP at 455-7169.**



Shooting Complex (Trip)

Tuesday, July 29, 8 a.m. – 2 p.m. Fee \$1
Visit the Clark County Shooting Complex for a facility tour and “fun shoot” . It is estimated that 47% of the households in Clark County own a firearm. This is the only public shooting facility in southern Nevada. A self-defense class “fun shoot” is included in this trip. Bring your lunch and plenty of water. Wear comfortable clothing and shoes.

Breakfast and Movie (Trip)

Tuesday, Aug 5, 9 a.m. — 2 p.m. Fee \$1
We will have breakfast at Sam’s Town buffet (\$5 for Members) and then go see a movie. Movie ticket prices \$5.00 per person.



Three Square (Trip)

Tuesday, Aug 12, 8:30 a.m. — 2 p.m. Free
Help your community by volunteering for two hours at Three Square’s north campus. Lunch on your own at the Cannery .

Mix and Mingle (Trip)

Monday, Aug 18, 8:30 a.m. - 2 p.m. \$1

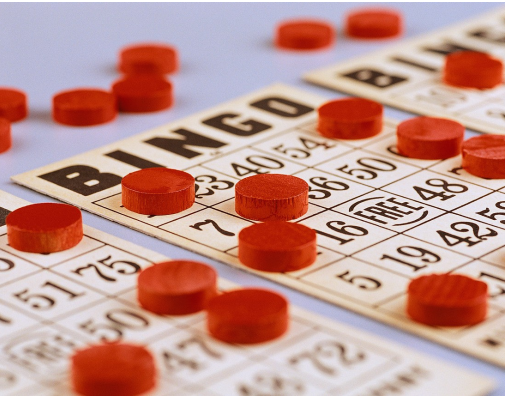


We will be attending the Line Dance class at Pearson Community Center. Learn new steps, and meet other line dance practitioners. Wear comfortable attire and be ready to dance. We will stop at the Texas for lunch on your own.



Ski Resort (Trip)

Friday, Aug 22, 8 a.m. — 2 p.m. Fee \$3
The Las Vegas Ski & Snowboard Resort lets you reconnect with yourself, friends, and nature. You can choose from hiking the ski area, summer chair rides, disc golf, dining at the lodge, or enjoying the resort’s patio with several lawn games. Chair rides, disc golf and dining are offered for a fees payable to the resort.



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